

University of Wisconsin-Stevens Point  
College of Fine Arts and Communication  
Department of Theatre and Dance

Michael Estanich, Associate Professor  
mestanic@uwsp.edu // 715-346-2500  
Autumn Semester 2016

## **Dance 199—Freshman Repertory** **Friday 10:00-11:50 | September 9-November 18**

Office Hours: Mondays 3:30-5:00 and Tuesdays 11:30-12:30. Or by appointment.

**Final Repertory Showing: Friday, November 18**

### **Course Description:**

Freshmen Repertory Experience offers first year students an immediate opportunity to be involved in the rehearsal process with a faculty member. The course provides a performance opportunity during your first semester at UWSP. The course focuses on teaching students professional rehearsal etiquette, working as an ensemble, contributing to the creative process, as well as learning established choreography from video. Each class period will consist of a short warm-up followed by rehearsal.

### **Course Learning Outcomes: Students will be able to:**

- Demonstrate professional rehearsal etiquette.
- Work collaboratively with peers as part of an ensemble.
- Interpret and embody the artistic themes/concepts of the choreography.
- Contribute personal movement material to the choreography.

### **Course Requirements:**

#### **Attendance**

I expect you to come to class on time, to be dressed properly, and be ready to participate fully in all class experiences.

It is the dance program policy to allow no more than one (1) absence for courses that meet one time a week. Four (4) absences will result in a failing grade. Frequent tardiness will not be tolerated and will lower your grade. Two (2) tardies will be counted as one (1) absence. You are required to contact me prior to class either by email or phone if you are going to be absent. You are responsible for keeping track of your number of absences. Make-up classes are not allowed.

#### **Participation**

You are expected to dress appropriately (see below) and actively participate in the full class session. You should participate in rehearsal with a positive and healthy attitude toward learning and rehearsing a new piece of choreography while respecting each other's abilities and contributions.

Adequate pre-class physical and mental preparation and post-class cool down are the responsibility of each dancer. You are encouraged to register for **Pilates/Conditioning for First-year Dancers**.

**Personal practice outside rehearsal time is essential.**

#### **Attending but not participating**

If you are well enough to attend but cannot participate (injury or non-infectious illness), you can receive attendance credit by observing the full rehearsal and submitting your written notes to me at the end of class. You may observe class one (1) time only before it may affect your grade.

## **Course Information:**

### **Dressing to work in class**

As dancers our work together is often in close proximity. It is important that you bathe daily, and wear a fresh change of clothes to class. Dress for class in a way that does not hinder your movement or my ability to see your movement clearly. You should wear dance attire that allows for full range of motion—leotards, tights, leggings, and/or an additional layer that can be removed as the class progresses. Modern dance is historically performed and studied barefoot. However, in certain circumstances, socks may be acceptable. Secure your hair neatly so that it does not distract from your work in class. Remove neck and wrist jewelry and dangling earrings.

### **Dressing Rooms** <sup>[[L]]</sup><sub>[[SEP]]</sub>

Dancers should use NFAC 134 (male) and NFAC 135 (female) locker rooms to dress for class. <sup>[[L]]</sup><sub>[[SEP]]</sub>Enter the studio dressed and ready to go. Lockers are provided for dance program majors and minors. <sup>[[L]]</sup><sub>[[SEP]]</sub>The dance program expects all students to maintain the dressing rooms as part of our professional spaces by securing all personal belongings in your locker, and taking home and laundering worn dance clothes. So that our custodial staff can thoroughly clean, all belongings must be put away and cleared at the end of each day. Anything left on the floor will be moved to the lost and found. Students provide their own padlock. Be diligent about locking your lockers. The dance program cannot be responsible for thefts.

### **Floor Surfaces, Water, Food**

To protect our professional floor surfaces, please do not wear body lotion or powder to class. These come off on the floor surfaces and make the floors slippery. They are also difficult to remove. Only water, in sealed bottles, is allowed in the dance studios. No beverages in open containers or food is allowed in either studio. Street shoes are not allowed in the dance program studios.

### **Dance Studio Use**

Only dance majors and minors may reserve the NFAC dance studios. The weekly studio schedules are posted on the NFAC 136A warm-up area bulletin. You may reserve a maximum of two 90-minute rehearsal blocks/week. Studios are equipped with IPOD connection chords are provided for your use during rehearsals.

### **Ongoing or Previous Injuries and Self Care**

As dancers it is essential that you develop a clear plan to make whole food nutrition, hydration, and a consistently adequate amount of time for rest and recuperation your top priorities. It is your responsibility to notify me of any injury or health issue that may affect your class work.

### **Pace and Balance – Important Considerations**

As dancers you work deeply on several levels. To be able to develop and sustain a holistic approach to your training and artistry it is important to consider the following. <sup>[[L]]</sup><sub>[[SEP]]</sub>What do you need in order to successfully pace and balance your physical and academic work? <sup>[[L]]</sup><sub>[[SEP]]</sub>How deeply are you aware of the role that daily rest, recuperation, and whole food nutrition plays? What is your plan to prioritize these into your planning?

The dance program recommends that all dancers have these items on hand:

- Arnica gel or cream for bruises and strains (Biofreeze gel available at the UWSP Cardio Center; and <sup>[[L]]</sup><sub>[[SEP]]</sub>Arnica gel available at the Stevens Point Area Coop).
- An ice pack.

If you are injured either inside or outside of class, it is essential to STOP what you are doing immediately and take care of your body. Immediate self-care for strains or sprains must include **Rest | Ice | Compression |**

**Elevation** <sup>[[L]]</sup><sub>[[SEP]]</sub>

Students who require ice or heat therapy for an existing injury should supply their own reusable ice/heating packs. For injury evaluation, and additional therapy needs, dance program students are encouraged to make an appointment to meet with dance program Athletic Trainers Holly Schmies (Mondays, noon-2) or Beth Kinslow (Thursdays, 11-1). See NFAC 136A warm up bulletin for fall semester evaluation hours and sign up. AT evaluation appointments meet in Room, 140A.

If you will miss two (2) or more classes due to an injury or illness you must submit all of the following, in writing, to the DNCE 203 D2L **Wellness Dropbox**. This dropbox is a place for you to confidentially record detail about any injury or illness you sustain throughout the semester that prevents you from fully participating in class.

1. Date and specific description of injury or illness
2. Physician, Chiropractor, Physical Therapist, Athletic Trainer and/or other medical professional report and specific diagnosis
3. Specific recommended follow up care, for example: icing, therapeutic exercises (number or repetitions, frequency, intensity), footwear, etc.
4. How thoroughly and consistently are you fulfilling these recommendations?
5. Specific timeline to recovery and your return to full dance participation

You are required to submit weekly updates each Sunday by 11:59 p.m. to this dropbox until such time as you're able to return to full physical participation. Your failure to submit weekly updates will result in a lowered grade.

***If you sustain an injury or illness or, if other circumstances prevent you from full class participation for four (4) or more consecutive or combined weeks, the dance faculty will evaluate your circumstances and will likely suggest that you drop the course and register to take it when you are able to complete the required work.*** <sup>11</sup> <sub>SEP</sub>

### **Email**

You are responsible for the information sent to your UWSP email, and to check your UWSP email daily for class updates and announcements. Class information will also be posted on D2L. Check SMOD and the Department of Theatre & Dance Facebook page, and the NFAC dance program bulletin boards for additional performance listings and announcements.

### **UWSP Community Bill of Rights and Responsibilities**

UWSP values a safe, honest, respectful, and inviting learning environment. In order to ensure that each student has the opportunity to succeed, a set of expectations have been developed for all students and instructors. This set of expectations is known as the [Rights and Responsibilities document](#), and it is intended to help establish a positive living and learning environment at UWSP. [The Rights and Responsibilities](#) document also includes the policies regarding academic misconduct, which can be found in Chapter 14.

The [Americans with Disabilities Act](#) (ADA) is a federal law requiring educational institutions to provide reasonable accommodations for students with disabilities.

If you have a disability and require classroom and/or exam accommodations, please register with the [Disability Services Office](#) and then contact me at the beginning of the course. I am happy to help in any way I can. For more information, please visit the Disability Services Office, located on the 6th floor of the Learning Resource Center (the Library).

**Evaluation and Grading:**

**Attendance/Participation/Presence (60%)    Attitude, Effort, Commitment (20%)    Personal Artistry (20%)**

Consistent attendance in class provides the greatest opportunity for growth and development in your artistic growth. While in class, student attentiveness, motivation, positive attitude, promptness, commitment, concentration and focus, respect of instructor and peers, application of corrections, retention of choreography, personal investment in artistry, and an active and friendly presence will be considered in final grading. A present engagement in the class and an eagerness to try new things is essential for a successful, exciting, and enjoyable experience.

**To earn the grade A:** You will demonstrate both a deep physical and intellectual understanding of the material covered and embodied that work in your performance. You will attend and actively participated in class by consistently and thoroughly warming-up and cooling down; you will consistently and accurately practice course material outside of class; you will complete assignments within the given timeframe. You will consistently prepare for class and show strong improvement throughout the semester. The grade of “A” is excellent.

**To earn the grade B:** You will understand and complete assignments yet you are unable to clarify some of your smaller anatomical or technical problems. You will attend and actively participate in class but are not consistent and/or thorough in warming-up, cooling down, and practicing course material; you will complete the assignments well, fulfilling the minimum requirements. You will be present during class and actively participate. The grade of “B” is very good: above average improvement.

**To earn the grade C:** You will attend and participate in class, follow through on feedback, and make an effort to complete requirements. Your preparation, including warming up, cooling down, and practicing course material, are inconsistent or underdeveloped. You will improve enough to fulfill the minimum requirements. The grade of “C” is average.

**To earn the grade D:** You will attempt to complete the assignments, but are unable to achieve some of the requirements. The “D” grade reflects the minimal amount of effort/improvement to receive a passing grade.

**To earn the grade F:** Your attendance is inconsistent, or you missed 7 classes, and you did not adhere to the assignment guidelines. You did not adequately participate in class. No improvement was shown.

**Grading Scale:**

A = 93-100	B+ = 89-88	C+ = 79-78	D+ = 69-68
A- = 92-90	B = 87-83	C = 77-73	D = 67-60
	B- + 82-80	C- = 77-70	F = 59-

More than one (1) absences will immediately lower your overall grade.